

CRM LESSON PLAN REPORT
RESTORATIVE PHYSICAL TRAINING BASIC
071-FRGAA002 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this period of instruction, students will learn to perform and demonstrate Restorative Physical Readiness Training (PRT). Students will correctly illustrate and perform the ELOs associated with this lesson:

1. Perform Warm Up Exercises
2. Perform Rotational and Stability Exercises
3. Perform Physical Readiness Drills

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F10/950-F6 (MC)	02.0 ©	Basic Combatives	0	Analysis
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Task(s)
Taught(*) or
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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071-OPN-0017	Safety Procedures	No	Yes
805P-K-0102	Muscle Anatomy	No	Yes
805P-K-0104	Oxygen Transport System	No	Yes
805P-K-0108	The Army PRT System	No	Yes
K26801	Warrior Ethos	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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805P-S-0115	Follow Army regulatory guidance	No	Yes
071-CMD-0017	Instill the Will to Win	No	Yes
S1494	Navigate the Army Combat Readiness/Safety Center (USACRC) website	No	Yes
071-CMD-0023	Instill Discipline	No	Yes

Administrative/
Academic
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	1 hr	40 mins	Drill and Practice
No	6 hrs	20 mins	Drill and Practice
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Total Hours(50 min):	8 hrs	10 mins	

Instructor
Action
Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>			
0 hrs	10 mins	Classroom Breakdown	
0 hrs	10 mins	Classroom Setup	
0 hrs	20 mins	Facilitate Discussion	
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Total Hours (60 min):	0 hrs	40 mins	

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number</u>	<u>Version</u>	<u>Lesson Title</u>
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None

Prerequisite Lesson(s)**Hours**

None

Lesson Number Version**Lesson Title****Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Foreign Disclosure Restrictions

FD1. This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

Student Study Assignment

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

You are required to read the following the following FM 7-22 pages 6-26 through 6-29, pages 9-15, 10-9 through 10-13.

Instructor Requirements

1. Must meet the General Instructor Criteria or receive an exception to policy.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

Support Personnel Requirements

Support personnel must be licensed or certified in accordance with Ft. Benning regulations to operate all equipment and facilities required for this lesson plan.

Additional Support Personnel Requirements

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
Combat Lifesaver	0:0	1	7.2
Remarks:			

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	1:36	0:0	No	0	No
4120-01-481-6048 - Cooler, Air, Evaporative Remarks:	2:36	0:0	No	0	No
4470-01-359-2799 - 1050 Notebook, Special Remarks:	1:36	0:0	No	0	No
6515-01-541-8147 - SUPPORT,CERVICAL Remarks:	1:36	0:0	No	0	No
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	1:36	0:0	No	0	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks:	6:36	0:0	No	0	No
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks:	6:36	0:0	No	0	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	1:36	0:0	No	0	No
6645-00-126-0286 - Stopwatch Remarks:	6:36	0:0	No	0	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	2:36	0:0	No	0	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks:	23:18	0:0	No	0	No
6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks:	0:0	0:0	No	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks:	12:36	0:0	No	0	No
7250-00-089-3827 - Can, Military Remarks:	1:6	0:0	No	0	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	6:36	0:0	No	0	No
7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks:	1:36	0:0	No	0	No
8960-01-430-4378 - Ice, 8 Pounds Remarks:	8:36	0:0	No	0	No

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required*****Instructor Materials:***

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references listed in the References section of this lesson plan.

Student Materials:

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references listed in the References section of this lesson plan.

Note: Every student must provide one serviceable mouth guard, three (3) complete sets of serviceable uniforms (ACU's), Two (2) complete set of PT's, one pair of hand wraps, students should bring groin protection, and are required to bring MICH, ACH, or Similar Helmet, Body Armor, Elbow and Knee Protection, Gloves, Eye Protection, and Camelback.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	10
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: Building 933 Main Post Fort Benning GA 31905.	1	0:0	10	10
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Building 933 on Main Post Fort Benning GA 31905.	1	0:0	0	15

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Instructor has the flexibility/can structure the material as they see fit based on student population provided the learning objectives are achieved.

Before presenting this lesson the Instructor must understand and be able to provide the linkage to the students (Lesson to course outcomes).

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences. <http://call.army.mil>

Instructor SA: Be alert to getting focused on details at the expense of the outcome. P2P and Practical Exercises will be delivered through the problem solving format of expose, explore, construct, and apply.

This Lesson Supports the Course Learning Outcome:

1. Demonstrate the ability to gain a dominant position
2. Demonstrate the ability to finish the fight
3. Apply Basic Combatives Movements and Techniques

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate proficiency in mission command philosophy.
4. Soldier and Civilians demonstrate capacity in creative-critical thinking.
5. Soldier and Civilians demonstrate proficiency in communications skills.
6. Soldier and Civilians demonstrate proficiency in cultural awareness, cross cultural competencies in the strategic environment of 2025 and beyond.
7. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
8. Soldier and Civilians support Army Policies, programs, and processes.
9. Soldier and Civilians are technically and tactically competent.

NOTE: Instructors are not limited to the skills and attributes that are the focus of this lesson plan. As the Soldiers explore, construct, and apply other skills and attributes may become dominant. You must adapt to the learning experience and assess accordingly.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities
- B. The classroom layout sets the tone
 1. What layout is best for the desired setting?
 - a. Group work: tables and semi-private or secluded workspaces
 - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor
- C. Create expectation in students that they will participate in learning
 1. This is difficult if students have been conditioned to be passive learners
 - a. Be patient and provide guidance and positive reinforcement
 - i. As students succeed they will change their expectations
 - ii. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Get all of the students involved
 - a. Use small groups discussing the same idea to include all students
 - b. Inattentive students should be redirected back to the group
 - c. Move the discussion around the class
2. You don't have to comment on each person's contribution
3. Paraphrase: check your understanding and the students
4. Redirect an inaccurate or incorrect statement to the class for correction
5. Elaborate – suggest a new way, even when the student seems to have answered the question correctly
6. Energize – quicken your responses, use appropriate humor
7. Disagree (gently) or play devil's advocate
8. Mediate differences in opinion
 - a. Mediation is a balancing act; try to keep the discussion going without interjecting yourself as the authority
 - b. Encourage students to back up their statements with facts
 - c. Remind everyone to respect differing opinions
9. Pull together ideas
10. Allow students to summarize what occurred in the discussion group
11. Provide follow-up information for additional study or reading

Classroom Example:

1. Review presentation and develop a list of questions to use during class. Have on hand identified reference material linked to lesson plan.
2. Review and properly prepare conference / discussion material presented.
3. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
4. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional

situations to use during the practical exercise.

5. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.

6. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified.

7. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.

8. Encourage Students to relate their first hand experiences during the activities.

9. Facilitate this lesson using appropriate methodologies.

10. Control group activities using appropriate SGI techniques.

Instructor SA: Be alert to getting focused on details at the expense of the outcome
Range / FTX Example:

1. Before departing instructor will need to ensure each student has XXX.

2. Instructor will need to have XXX.

3. Layout plan

Instructor SA: Be alert to getting focused on details at the expense of the outcome.

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

SECTION II. INTRODUCTION

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 20 mins

Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Employ Basic Combatives Restorative Physical Training
Conditions:	As a member of a buddy team, in an approved Combatives training area, wearing ACUs or the Army's Physical Fitness uniform and running shoes while outside or bare feet while in-doors on a mat.
Standards:	You the student will correctly illustrate Basic Combatives Drill warm-up and Cool downs while conducting Restorative Physical Training.
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

Safety Requirements

1. There are no special safety considerations for this lesson. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his findings to Primary Instructor.

3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

Risk Assessment Level

Low - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management FM 5-19.

Assessment: None

Controls: None

Leader Actions: None

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations

IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

Instructional Lead-in

Instructor will facilitate a brief Soldiers' discussion on the lesson plan instructional lead-in. This statement should tie the TLO to previous learning or Soldiers' experiences and lead into the actual presentation.

- Describe the background of the lesson. This is a narrative description of the stage setting for the situation, scenario, or activity you are using to create a learning opportunity. In some cases this is linkages to earlier lessons or interactions.

- Describe the flow of events in big blocks (don't get too much detail yet). This should include such things as: introduction, problem/mission/task, practice, discussion, new problem, practice, discussion, review. The key here is to describe both the actions of the students and what the

guide is doing.

- Activate Background Knowledge by questioning Soldiers on task being trained.

*Comments for Combatives Lead in:

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational.
Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.
5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.
6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.
7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Demonstrate Warm Up Exercises

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr 40 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Note- These warm ups will be done before any other training begins for the day the most common injuries in Combatives are joint injuries and muscle strains.

NOTE: Instructors will ensure warm up exercise are conducted before any training session. There are two sessions of warm per day at 20 minutes each for 5 days.

Focus more on getting the body and muscles warmed up with aerobic and anaerobic movements and dynamic stretching. Warm up - Transition to each exercise after time has elapsed.

- a. Minute of a jogging, starting slowly and increase speed until time has elapsed.
- b. Power Skip– jump as high as you can off 1 leg, shoot the opposite hand to the sky repeat with the opposite leg until 1 minute has elapsed.
- c. High knees– while running in place bring your knees to your chest. Continue for 1 minute.
- d. Crossovers– starting sideways from the directions of movement, cross the trail leg first to the front of the lead leg and step in the directions of travel to return to the starting position, then cross the trail leg to the rear of the lead leg and step in the direction of travel to return to the starting position – repeat for 1 minute.
- e. Laterals– step with the lead leg and then bring the trail leg up and toward the lead leg. The Soldier always faces the same direction for the 1st minute then change directions.
- f. Half jacks–jump and land with the feet shoulder-width apart and pointed straight ahead, the arms are sideward with palms facing down. Jump and return to the starting point.

Check on Learning:

Assess the Soldier's developing (skill/knowledge/situation awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Demonstrate Rotational Exercises

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 5 hrs
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

NOTE: The students will conduct the following restorative physical training (RPT) and PRT exercises for the first hour of the training day. The instructor will add or take away the relative exercises to that days scheduled training. Minimum will be warm up, rotational exercises.

Purpose: The rotational exercises is to warm up and loosen joints to prepare service member for strenuous exercise.

Rotational and stability exercises.

- a. "I" Raise– start in the prone with the head slightly elevated off the ground, feet are together and pointed to the rear, the arms remain on the ground are extended overhead from an "I" straight in line with the body. The hands are in a facing each other with the fingers and thumb extended and joined. Raise both arms 3-6 inches off the ground and hold for 3-5 seconds for 5 reps.
- b. "T" Raise– Start in the prone position with the head slightly elevated and aligned with the spine. Feet are together and toes pointed to the rear. The arms remain on the ground are extended sideward at 90 degrees to the turn from a "T". The hands facing the head. Raise both arms 3-6 inches off the ground and hold for 3-5 seconds and for 5 reps.
- c. "Y" Raise– Start in the prone position with the head slightly elevated and aligned with the spine. Feet are together and toes pointed to the rear. The arms remain on the ground are extended overhead at a 45 degree angle forming a "Y" hands are facing the head fingers and thumb extended and joined. Raise both arms 3-6 inches off the ground. Hold for 3-5 seconds and repeat for 5 reps.
- d. "L" Raise- Start in the prone position with the head slightly elevated and aligned with the spine. Feet are together and toes pointed to the rear. The arms remain on the ground and are extended sideward and elbows are bent forming a 90 degree angle forming a "L" hands are facing the head. Raise both arms 3-6 inches off the ground and hold 3-5 seconds. Repeat for 5 reps.
- e. Neck rotation- From straddle stance with hands on the hips, tilt your head back, rotate your neck clockwise stopping even with the shoulders for 10 reps, then do 10 reps with your chin tucked to your chest rotating your head shoulder to shoulder for 10 repetitions.
- f. Shoulder rotations– feet are shoulder width apart, starting with the right arm first, left hand will grab the opposite side pectoral muscle. Rotate the right arm 360 degrees completing 5 rotations in one direction then do 5 rotations in the opposite directions. Then hold your arm at your side, and bring it straight out in front of you and rotate it to the rear for 5 rotations, then to the front. Then do the same left arm.

- g. Elbow rotations- holding your elbows parallel to the ground forming a 90 degree angle rotate from the elbows and forearms in clockwise directions for 5 rotations then 5 more rotations in the opposite directions.
- h. Wrist Rotations– holding the elbows parallel to the ground forming a 90 degree angle and a closed fist, rotate your wrists in a figure “8” motions for 5 reps. Switch directions.
- i. Figure “8” Rotations– figure “8” starts from the straddle stance, raise 1 leg off the ground and swing the leg in a figure “8” motion, starting with small rotations and working to larger rotations as you progress. Continue for 10 reps then do the other leg.
- j. Knee Rotations– supine position - start laying on your back with your legs off the ground and knees bent so they form a 90 degree angle. From the knee down rotate your leg in a figure “8” motion for 5 reps, then switch directions for 5 reps.
- k. Ankle rotations– from the supine position with your legs still bent at 90 degrees, rotate your ankles in a figure “8” motion for 5 reps then switch directions for 5 more reps.
- l. Knee flex- start of shin box. From a wide squat position toes face out place your knee on the ground. Keeping your heel and instep on the matt. Return to the squat position and repeat on the opposite side.
- m. Sumo squat– Feet are just outside shoulder width apart toes pointing away from the body. At a slow cadence squat while leaning slightly forward from the waist with the head up. Move downward until the upper legs parallel the ground. Return to the start position and repeat.
- n. Roll backs– From the sitting position legs joined and extended straight out in front of you. Your feet are dorsiflexed (pull toes toward shin). Holding the back of the knee or calf muscle. Roll toward your back attempting to touch the ground with your toes. Repeat this three times and hold on third roll for 3 three to five seconds.
- o. Roll ups– From the kneeling position execute a shoulder roll. Lead with the left foot when rolling on the left shoulder. Right foot on the right shoulder. Hands are placed on the ground, facing each other while the middle finger tips of each hand touching at the tips, so the arms form a wheel. Rotate the upper body so the lead elbow is pointed straight to the front while maintaining a wheel with the arm. Tuck the chin so the ground is in contact with the arms, shoulder blades and back but not the neck. Momentum of the roll will bring the soldier up to the knees. Change lead knee and repeat.
- p. Neck Bridges– starting in the supine position place your hands by your head fingers pointed toward your shoulders, bring your heels as close as you can towards your butt, and on the balls of your feet and thrusting your hips skyward, from the back of the head, transition to the top of your head attempting to get your forehead on the ground.
- q. Wall Arches– find some space on the wall and take 1 normal step away from the wall. Reach back for the wall placing the palms on the wall. Arch your back and attempt to walk your hands to the ground, then walk your body back up the wall. Repeat for 5 reps.
- r. Medial Leg Raise– lying down on your side, elbow on the ground, bottom leg is straight; the top leg is posted so the foot is on the ground behind the other leg. Keep

the hips facing forward and body in a straight line. Place the top hand on the stomach. Raise the straight leg 6-8 inches off the ground and hold for 3-5 seconds for 5 reps then do the other side.

s. Single leg over– from the supine position with arms sideward, palms down. Turn the body to the right or left and bend the opposite side knee to 90 degrees over the opposite leg and grasp the bent knee. Hold the position for 20-30 seconds, and then do the other leg.

t. Neck Walks- starting the in the supine position place your hands by your head fingers pointed toward your shoulders, bring your heels as close as you can towards your butt, and on the balls of your feet and thrusting your hips skyward. Without placing your shoulders on the ground walk your feet in one direction until you are unable to. Keeping your head on the matt and your shoulders off the ground step over your foot to a flex position. Your feet, hands, and head are the only thing touching the ground. Walk your feet in the same direction as pervious until you can no longer move. Step over the lead leg and assume a good back bridge. Continue this movement until two complete rotations has been completed and change the direction for two complete rotations.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Demonstrate Physical Readiness Drill

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 40 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

NOTE: The students will conduct the following restorative physical training (RPT) and PRT exercises for the first hour of the training day.

The instructor will add or take away the relative exercises to that days scheduled training. Minimum will be warm up, rotational exercises.

Purpose of the movement drills is to instill the fundamentals of moving in combat in less than desirable circumstances.

Movement Drills

a. Shrimp– from the supine position, elbows tucked in hands by the face, palms facing away from the face, feet are planted on the ground, and knees bent around 90 degrees. Straighten out 1 leg. Rotate and push off the posted leg away from the straightened leg so that only your foot and opposite side shoulder are elevated off

the ground and push with the posted leg until your bent forming 90 degrees with your body bent at the hips.

b. Shoulder Walk- From the supine position bring your heels as close as you can to your butt, so that you're on the balls of your feet. And hips towards the sky, and hands across your chest. Using your feet walk on your shoulders.

c. External Oblique's (EO's)- from the supine position, raise your legs off the ground and knees bent forming a 90 degree angle hands across the chest and head elevated off the ground so that your back is rounded. In a rocking motion rotate your upper body the opposite of the lower body

d. Forward rolls- From the shooting stance (fighter stance) execute a shoulder roll. Lead with the left foot when rolling on the left shoulder. Right foot on the right shoulder. Rotate the upper body so the lead elbow is pointed straight to the front while maintaining a wheel with the arm. Tuck the chin so the ground is in contact with the arms, shoulder blades and back but not the neck. Moment of the roll will bring the soldier up to the side. Where he will execute a Stand in Base. Change lead knee and repeat

e. Shoulder rolls- From the shooting stance (fighter stance) execute a shoulder roll. Lead with the left foot when rolling on the left shoulder. Right foot on the right shoulder. Rotate the upper body so the lead elbow is pointed straight to the front while maintaining a wheel with the arm. Tuck the chin so the ground is in contact with the arms, shoulder blades and back but not the neck. Moment of the roll will bring the soldier up to his feet, execute with the opposite side.

f. Forward break falls- From the shooting stance (fighter stance) execute a shoulder roll. Lead with the left foot when rolling on the left shoulder. If you lead with the right foot roll on the right shoulder. Rotate the upper body so the lead elbow is pointed straight to the front while maintaining a wheel with the arm. Tuck the chin to the chest so the ground is in contact with the arms, shoulder blades and back but not the neck. At the moment of the roll allow the body to stop the momentum, straighten out the opposite arm palm facing down striking the ground. The trail leg will be bent at the knee 90 degrees, while the lead will remain relaxed with a slight bend at the knee. At this point the entire body should have absorbed the impact. Execute a stand in base and repeat on the opposite side.

g. Diving Rolls- Students will break down into groups of 6-10. One student will get in the turtle position about 10 feet away from the 1st Soldier. That soldier will then run jumping over the soldier in the turtle position executing a Quick roll and get down into the turtle position about 10 feet away from the 1st Soldier.

Continue in a leap frog fashion.

h. Prowler Sprints- drop onto all fours with your hands directly under your shoulders, then rise up onto your feet. Sprint as fast as you can using your legs and arms

i. Koala Crawl variant- from the prowler sprint position, another soldier will move under him and wrap his legs around his waist and place one arm under his shoulder and the other arm around his neck and form a gable grip. The Soldier doing the Prowler sprint will then walk while his partner is elevated off the ground.

j. Windmill- Straddle stance with feet shoulder width apart, palms facing downwards

fingers and thumb extended and joined. Bend at the hips and knees and rotate to the left, reach down and touch the outside of the opposite foot and look toward the rear. The arm is pulled rearward to maintain a straight line with the opposite arm, return to start position and repeat with the opposite side.

k. Lunges– from the Straddle stance hands on the hips, take a step forward with the left leg (left heel should be three to six inches forward of the right foot). Lunge forward, lowering the body and allow the left knee until the left knee is parallel to the ground. Lean slightly forward keeping the back straight, return to start position and repeat on the opposite side.

l. Bent leg body twist– from the supine position so the hips and knees are bent at 90 degrees, arms sideward palms facing down and fingers spread. Knees and feet are together. Rotate the legs to the left while keeping the upper back in place. Return to start position and repeat for the opposite side.

m. Hip ins- Start position, have two service member stand in front of each other. First service member will stand in a modified fighter stance. Second soldier will place shin on the lead thigh of the first soldier as first service member secures the foot of second service member. Then the second service member will rotate at his / her shin allowing the knee to point down toward the ground. The opposite foot will pivot on the ball of the foot. The lead hand of the second service member will straighten out and swing rearward of his/ her body. The opposite arm will rotate forward to cover the face palm facing the first service member. Once complete return to start position.

n. Hurdle drill– Start in the straddle stance hands on the hips. Raise one leg up until thigh is parallel to the ground rotate the raised leg 90 degrees away from the center of the body. Lower the leg to the marching surface. Raise the leg back up until the thigh is parallel to the ground. Rotate the leg back to the center and lower the foot to the ground. Repeat on the opposite leg.

o. Penetration step– from a fighters stance, take a deep enough step that your foot is far enough in front of you. Changing level at the knees drive your body forward but not far enough to where you knees touch the ground. Roll on top of the lead foot and drive the trail leg in an arching motion so it ends up parallel to the other leg and return to a good fighting stance. Repeat on the opposite leg.

p. Quick Roll– From the turtle position, with knees, elbows and hands on the ground take one arm and bring your elbow to your opposite knee while tucking your chin, roll over your shoulders As you complete the roll swing your legs skyward and land on the balls of your feet with your heels as close to your butt as possible

q. Judo 3 step– from a fighters stance take 1 step forward with the lead foot and turnabout, bring your heels together and then bend at waist and bring the lead foot straight back so its parallel to the ground, at the same time swing the same side arm in a arching motion while bending over and trying to touch the ground

r. Shin Box- From a wide squat position toes face out place your knee on the ground. Keeping your heel and instep on the matt, then swing the opposite leg around until your knee and ankle touch and facing the opposite direction and hip up back to the wide squat position and do the opposite leg

s. 3 man drill- Soldier will hold heavy bag still or suit case pad holder will stand in the

middle. Suit case holder will place the pad on either thigh with the majority of the weight on the trail leg. Ensure that the leg holding the pad is not fully extended so as to prevent injury. Both Knees should be slightly bent to absorb the impact from his counterparts. The kickers will stand on the outside. Starting slowly, one kicker will throw the (10), right after his leg makes contact with the pad he will return to his fighting stance, and the other kicker will kick with his (9) and return to his fighting stance. Speed and intensity should increase gradually

t. Shadow Box- Assume a good fighting stance and visualize and opponent in front of you. Using the movement drills taught, practice moving forward, backward, laterals and around your opponent using the box and circle drills.

u. Pummeling from 50/50– From the over under clinch position, lead arm is the underhook arm, trail arm is the overhook arm. Foot placement is underhook arm side should be the lead foot, overhook arm side is the trail foot. From the over hook arm dig the hand between you and your partner chest, cycling your over hook arm to achieve double under hooks or one of the dominant listed below. Your opponent will do the same with his/ her over hook arm. As the arms move and change position the feet will also move so as to maintain a solid base.

v. Pummeling neck and bicep is also a neutral position to start from. Place one hand on the back of your partner's head your partner will mirror the same. The opposite hand will be placed on the partner's bicep and feet placement is the same as previously described in 50/50.

Note: After achieving a dominant body position students will reset to one of the neutral clinch position and repeat the exercise for 90 seconds.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION IV. SUMMARY

Method of Instruction:	Drill and Practice
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:36)
Time of Instruction:	10 mins

Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review/Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION V. STUDENT EVALUATION

Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
 2. This lesson plan will be formally assessed/evaluated in (AB007) in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
- Evaluation determines whether a standard was met; success or failure
 - Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights

Feedback Requirements

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

Appendix A - Viewgraph Masters

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Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGAA002 Version 02.0 ©

Appendix D - Student Handouts

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Sequence	Media Name	Media Type
None		